

What is Coaching?

Definition

Coaching is defined, by the International Coaches Federation (ICF), as a partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

In addition, Coaching is the art and practice of working with a person, team or group in the process of moving them from where they are to where they want to be.

Further, Christian Coaching is the art and practice of working with a person, team or group in the process of moving them from where they are to where God wants them to be.

Coaching is not Counseling

In the table below, are some of the most notable distinctions:

Counseling	Coaching
Focuses on problems, conflicts and brokenness	Focuses on possibilities, growth, purpose and fulfillment
Moves toward fixing what is wrong	Assists people in reaching their goals
Focuses on the past and how to bring healing and stability.	Focuses on the present and future and how to pursue vision, passions and dreams
Is diagnostic and usually includes a treatment plan	Works on formation of personal goals, skills and strengths and measures progress forward
Counselor is seen as the expert and can provide insight, direction and advice	Coach is seen as a partner or guide, who encourages, challenges and motivates the client as they discover their own life directions

Coaching is not Consulting, Mentoring or Discipling In the table below, are some notable distinctions:

Consulting/Mentoring/Discipling	Coaching
<p>C: Focus on analyzing situations and giving expert guidance and advice</p> <p>M: Focus on modeling, supervision & individualized help</p> <p>D: Focus on teaching biblical truths to newer believers</p>	Focus on present and future growth and movement. Assists in discovery, alignment, and pursuing vision and purpose.
<p>C: Makes suggestions for better marketing and strategies to improve performance</p> <p>M: Provides time and energy to benefit clients growth & development</p> <p>D: Builds mature believers of Christ</p>	Helps clients envision future directions, clarify life directions, gain confidence and commitment, move forward to where they want to be, living fulfilled
<p>C: Directive and authoritative in nature</p> <p>M: Guiding in nature</p> <p>D: Teaching in nature</p>	Supportive, encouraging and nondirective in nature
<p><u>Consultant</u> is the expert , gives advice and makes direct recommendations</p> <p><u>Mentor</u> is the authority in their field of study and experience & imparts information</p> <p><u>Discipler</u> guide or instructor on spiritual development & knowledge of Jesus</p>	Coach partners with client and is skilled in listening, asking good questions and giving feedback, knowing client is the expert on their own life.